

GARNER RESCUE COMPETITION 2011
Personal Vertical System and Single Rope Technique
Pre-competition Evaluation
TESTING CRITERIA

SUMMARY:

- Time starts when candidate touches the rope.
- Ascend 30 ft.
- Change over to rappel.
- Rappel.
- Stop rappel 3-5 ft. from the ground.
- Change over to ascent.
- Ascend (3-5 ft.).
- Must score at least 12 of 16 with no zeros.
- 2 attempts allowed.
- 10 minutes allowed per attempt.

SYSTEM

2 (all must apply)

All system components are acceptable in terms of design, application and maintenance.

Candidate independently assembles and dons a safe system.

System

- has 2 gripping points of attachment connected to the seat harness.
- allows maintenance of 2 points of attachment during change overs.

0 (any of the following scores 0)

System does not meet design, application or maintenance requirements.

Candidate is unable to assemble or don system independently.

System is not safe: (i.e. grossly ill-fitting, buckles not secure, connectors unlocked, substandard hardware, knots miss-tied, etc.)

ASCENDING

(Candidate must maintain two gripping points of attachment to the seat harness during ascent.)

2 (both must apply)

Candidate

- ascends safely and efficiently.
- manages bottom tension without assistance.

1

System

- is not adjusted or fitted to allow efficient ascent.
- is adjusted and fitted, but technique requires undue effort.

Candidate requires assistance to manage bottom tension.

0 (either scores 0)

Candidate does not maintain 2 gripping points of attachment to the seat harness during ascent.

System does not function practically.

CHANGE OVER (ascend to rappel)

(Candidate must maintain a point of attachment independent of the descender until the descender is correctly and safely loaded, unlocked and tested by a short (inches) rappel

2 (both must apply)

Candidate

- performs a hard lock off of descender
- changes over safely and efficiently.

1

Candidate

- unintentionally weights secondary attachment point.
- takes more than 1 attempt to transfer weight from ascenders to descender.

0 (either scores 0)

Candidate

- fails to perform a hard lock off.
- commits to a single point of attachment during weight transfer. (no 2nd point when descender is unlocked, loaded and rappel begins)
- fails to transfer weight from ascenders to descender without assistance.

RAPPEL

2

Candidate rappels in a controlled manner.

1

Candidate demonstrates poor control of descender.

0

Candidate fails to maintain control of descent.

CHANGE OVER (rappel to ascend)

2 (all must apply)

Candidate

- performs a hard lock off of the descender
- changes over safely and efficiently
- ascends safely and efficiently.

1

Candidate takes more than 1 attempt to transfer weight from descender to ascenders.

Ascending is inefficient.

Bottom tension is inefficiently managed.

0

Candidate

- fails to perform a hard lock off of the descender.
- fails to transfer weight from descender to ascenders.
- commits to a single ascender during changeover or ascent.

System does not function practically.

PERSONAL PROTECTIVE EQUIPMENT (must meet requirements of Rule 24 "Minimum personal equipment")

2 (all must apply)

Candidate wears

- helmet while in the fall zone and on rope.

- appropriate footwear.
- gloves while managing sliding rope on rappel or demonstrates a safe alternative (hand over hand).

0

Candidate fails to wear helmet, footwear, or gloves as specified.

SAFETY

2 (both must apply)

Candidate

- enters and leaves the fall zone appropriately.
- does not drop anything.

1

Candidate

- enters, leaves or remains in the fall zone inappropriately.
- drops something, but warns "Rock".
- any action of a non-severe nature that compromises safety of candidate or others and is not specified elsewhere

0

Candidate

- enters, leaves or remains in the fall zone unsafely (e.g. no helmet).
- drops something while on rope without saying "Rock".
- any action that seriously compromises safety of candidate or others and is not specified elsewhere

TIME LIMIT

(Time starts when the candidate touches the rope.)

2

Candidate completes the evaluation in less than **5** minutes.

1

Candidate completes the evaluation in **5-10** minutes.

0

Candidate takes longer than **10** minutes.